COGMED

Working Memory Training

Training Book

Cogmed User (first name, surname): _____

Coach: _____ User Name: _____

Training Aide: _____ Password: _____

We have selected the following training protocol: _____

_____ Minutes / Day _____ Days / Week

What is Working Memory?

Working memory is used to remember information for a short period of time, just seconds, and to use this information in your thinking.

When you read a long sentence, you use your working memory to remember the beginning of the sentence so that by the time you get to the end, you can understand what you have read.

The working memory capacity varies greatly between individuals, and the good thing about it is that it can be improved!

If you notice that you have trouble understanding what you read, doing arithmetic in your head, or following instructions, you may need to train your working memory to improve it.

When do you use your working memory?

_____

_____

_____

_____

Log into training.app.cogmed.com/demo on your computer or tablet to play the demo.
Your Cogmed Coach will explain some rules to you.
For example, it is not allowed to write down numbers or letters during the training.
This is because you are supposed to keep all the information in your working memory
and that's how you will get a good training.

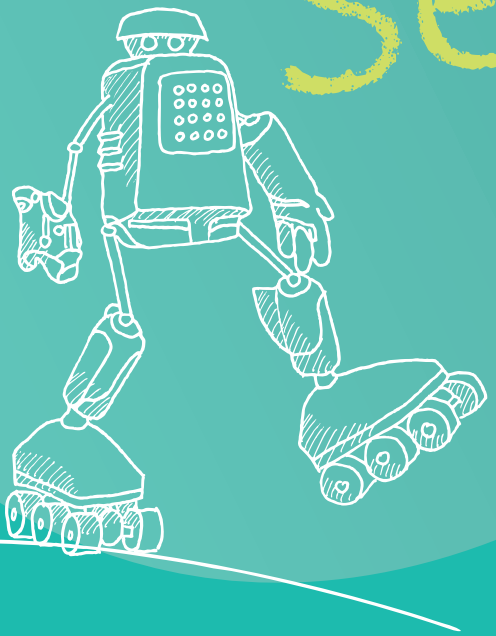
When you are ready to do your first training session, go to app.cogmed.com and enter your username and password.

You will do a short questionnaire and some short tasks. Then, you will see the options "View my data" or "Go to training". Choose "Go to training".
Now choose your first exercise and enjoy your training!

Cogmed is not a program you can "win", the program will adjust to each user so you are always challenged. The better you do, the harder it gets.

This means that it will get hard and frustrating at times, but remember to always try your hardest and keep focused!
(Always remember, even when you get things wrong, you are still learning!)

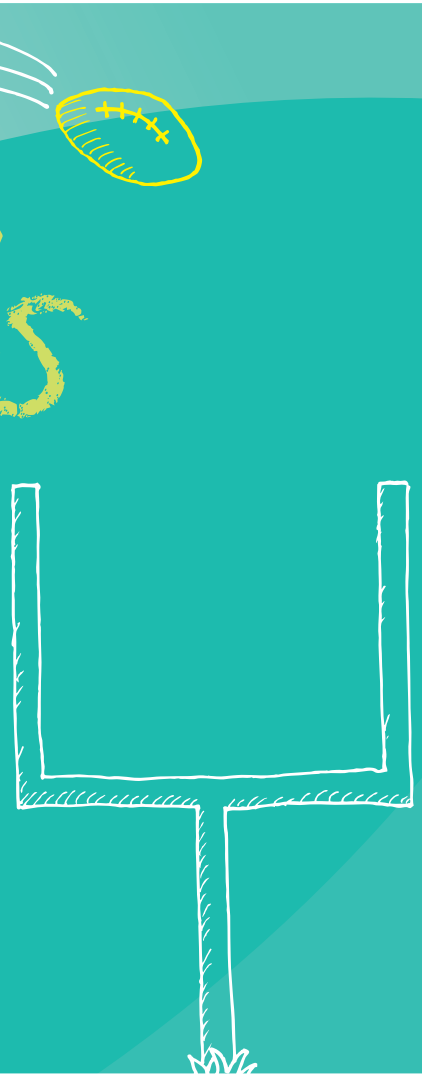
Setting Goals



When you log into
app.cogmed.com for the first time you
will answer some questions.

You will set goals for yourself and track
them as you go along.
Write them down here and rate how you are
doing in those areas we will do this again
after you finish Cogmed.

Try to set as concrete and realistic goals as
possible. Your Cogmed Coach
will help you.



Goal 1. _____

Before Training: 1 2 3 4 5 6 7 8 9 10 | After Training: 1 2 3 4 5 6 7 8 9 10

Goal 2. _____

Before Training: 1 2 3 4 5 6 7 8 9 10 | After Training: 1 2 3 4 5 6 7 8 9 10

Goal 3. _____

Before Training: 1 2 3 4 5 6 7 8 9 10 | After Training: 1 2 3 4 5 6 7 8 9 10

My daily training time will be

_____

_____

Can you give me an example of how long this is?

_____

_____

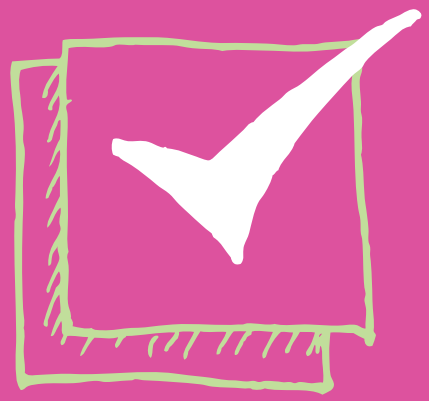
My training period will last ___ weeks

Can you give me an example of how long this is?

_____

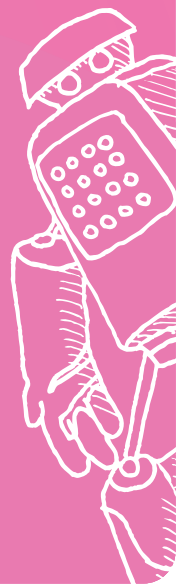
_____

Training Time



Preparation & Practicalities

- [ ] No split sessions, do all exercises in one sitting (intensity is important)
- [ ] Find a quiet place to train
- [ ] Use headphones to help silence distracting outside noises
- [ ] If using a desktop computer or laptop or iPad/tablet find a quiet place, near strong internet connection
- [ ] Use a mouse on a PC/laptop (track pads can lead to unintentional errors)
- [ ] Be well rested and eat before training so you have energy
- [ ] Tell your parent/training aide if you you have technical trouble
- [ ] Try your hardest and be proud of your progress



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Cogmed Working Memory Training Schedule

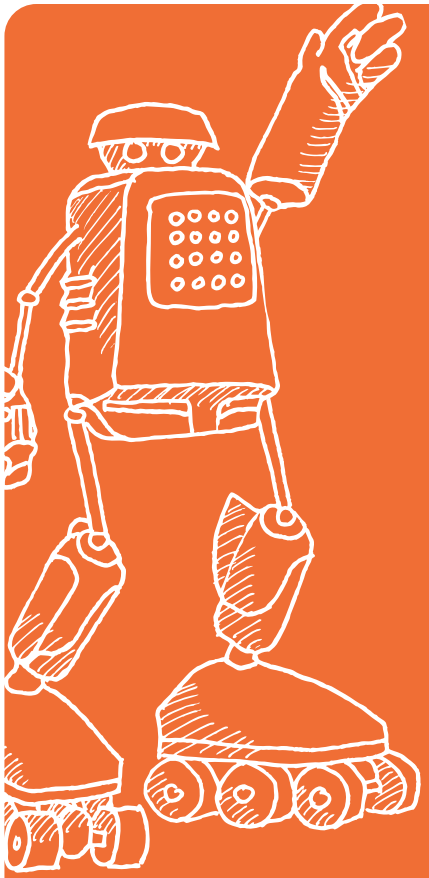
Fill in your training session times and dates

Month(s) _____ /_____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
week 1	date time	date time	date time	date time	date time	date time	date time
week 2	date time	date time	date time	date time	date time	date time	date time
week 3	date time	date time	date time	date time	date time	date time	date time
week 4	date time	date time	date time	date time	date time	date time	date time
week 5	date time	date time	date time	date time	date time	date time	date time
week 6	date time	date time	date time	date time	date time	date time	date time
week 7	date time	date time	date time	date time	date time	date time	date time

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
week 8	date time	date time	date time	date time	date time	date time	date time
week 9	date time	date time	date time	date time	date time	date time	date time
week 10	date time	date time	date time	date time	date time	date time	date time
week 11	date time	date time	date time	date time	date time	date time	date time
week 12	date time	date time	date time	date time	date time	date time	date time
week 13	date time	date time	date time	date time	date time	date time	date time
week 14	date time	date time	date time	date time	date time	date time	date time

date time	date time	date time	date time	date time
#1 COACH CALL	#2 COACH CALL	#3 COACH CALL	#4 COACH CALL	#5 COACH CALL



Rewards

Discuss what rewards you would like and what is reasonable. When you have agreed on the rewards, write them down on your calendar.

Cross off each day in the calendar as you do your training to see how close you are to getting your next reward.

Here are some examples of things that people often find rewarding:

- Being allowed to stay up later one night
- Do something fun with a parent
- Getting a sleepover with a friend
- Choosing family meal
- Watching a movie or favourite TV show

What kind of rewards would you like?

Reward 1. _____

Reward 2. _____

Reward 3. _____

Reward 4. _____

Training Notes

It's good to take notes about things that happen in your training so that you will remember to share it with your coach.

Day _____

Day _____

Day _____

Day _____

Day _____

Day _____

Day _____

Day _____

Day _____

Day _____